

# THE AMERICAN Legion

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Veterans Strengthening America

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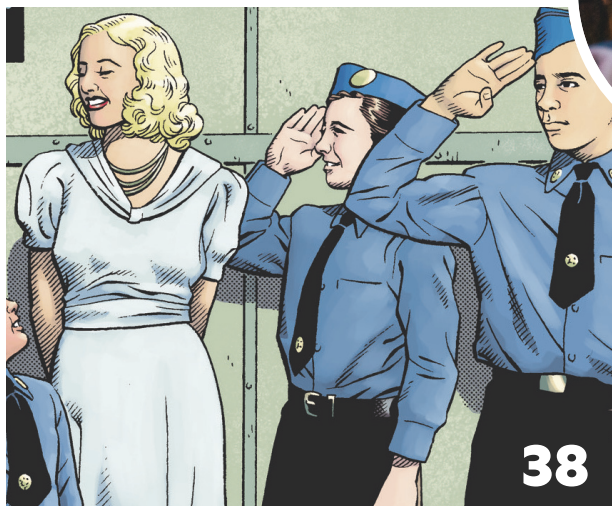
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View videos, read  
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*The American Legion Magazine*, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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Photo by Jacob M. Langston

## Uphill Battle

The picture of the B-52 on takeoff (August) also illustrates the current uphill battle between VA and the widow of an airman who served at U-Tapao Air Base during Vietnam. Her husband worked B-52 landing-gear systems, changing tires and such. VA says Agent Orange was used only on the base perimeter (the largest in Southeast Asia), and only those who served along it are entitled to compensation. As the runway ends were near the perimeter, jet blasts spread contaminants well beyond where they were sprayed. Her husband may have died from its poison.

*Thomas Spada, Belmont, N.C.*

A good friend of mine was a B-52 pilot sent to U-Tapao, where weed killer was sprayed around the base for snake control. During monsoon season, the water on the ramp was all the colors of the rainbow. At 39, he was diagnosed with prostate cancer, and over the next 18 years he fought all kinds of cancers, getting experimental treatments from the National Institutes of Health in D.C. He died in 2000, and was a member of Post 426. Our veterans deserve better from the government we served.

*George Keeler, Pine Plains, N.Y.*

## Expanding the Supreme Court

Packing the Supreme Court with like-minded jurists destroys its image as a nonpartisan, independent body that interprets constitutional law without bias (Big Issues, August). Congress should move to amend the Constitution and establish the size of the court at nine jurists with term limits, not to exceed 10 years. Such an amendment would assure turnover and eliminate any presumed long-term gains.

*Kenneth Lee, Raytown, Mo.*

I have yet to find a sport, board game or card game that allows for a player or team to be granted additional assets simply to gain an advantage over their opponent. Leave it to politicians to invent ways to twist our established system for their benefit. The suggestion is embarrassing at best.

*John M. Dobranski, Elmira, N.Y.*

# THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

**NATIONAL COMMANDER** Paul E. Dillard  
**PUBLISHER** The American Legion  
**DIRECTOR OF MEDIA & COMMUNICATIONS** Jeff Stoffer  
**DEPUTY DIRECTOR OF MEDIA & COMMUNICATIONS** Henry Howard  
**MANAGING EDITOR** Matt Grills  
**ASSOCIATE EDITOR** Laura Edwards  
**ADMINISTRATIVE COORDINATOR** Katherine Chrisman  
**ADMINISTRATIVE ASSISTANT** Lauri Hayes  
**VISUAL TEAM MANAGER** Holly K. Soria  
**GRAPHIC DESIGN SPECIALIST** Celesta Török-Lee  
**VISUAL MEDIA SPECIALIST** Ben Mikesell  
**PRODUCTION MANAGER** Tony Heath  
**CONTRIBUTING EDITOR** Alan W. Dowd

**ADVERTISING**  
**ADVERTISING MANAGER** Diane Andretti  
**ASSISTANT ADVERTISING MANAGER** Chris Elliot

**HOW TO CONTACT US**  
**AMERICAN LEGION MAGAZINE**  
 P.O. Box 1055  
 Indianapolis, IN 46206  
**EMAIL:** [magazine@legion.org](mailto:magazine@legion.org)  
**TELEPHONE:** (317) 630-1272  
**WEBSITE:** [legion.org](http://legion.org)

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### MEMBERSHIP IN THE AMERICAN LEGION

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Does anyone suppose Rep. Mondaire Jones would be calling for balance if the Court were now a six-to-three liberal majority? Elections have consequences for liberals and conservatives.

*Donald A. Hallwachs, Two Rivers, Wis.*

### Overqualified, Unfulfilled

Former Army Maj. Sudip Bose is correct when he says veterans offer so much more than their MOS skills (August). In my post-military career, I put veterans at the top of the list for employment, because I knew the intangibles they brought. Thank you, Dr. Bose.

*Al Garber, Isanti, Minn.*

### How to Avoid Opioid Abuse

I can't thank Beth W. Orenstein enough for publicizing the opioid epidemic (Living Well, August). Unfortunately, the country is on pace to surpass those numbers in 2021.

One third of people older than 65 takes "pain pills" for bad backs, arthritis, insomnia or to just feel better. Our parents and grandparents, many veterans, are full-blown opioid addicts. But there is hope. Opioid makers, distributors and dispensers have admitted their guilt. A \$20 billion settlement will be paid out to states to be used exclusively to fight addiction.

If anyone needs immediate help for their alcohol or drug problem, we in Alcoholics Anonymous, Narcotics Anonymous, Al-Anon and Adult Children of Alcoholics are here for you. Call our hotline at **1-800-839-1686**, 24/7.

*Steve Morris, Nashville, Tenn.*

### A League of Their Own

Henry Howard's article about the North Carolina American Legion Lady Fastpitch softball league (Rapid Fire, August) brought back fond memories. My mother, Pauline (Oravets) Dick, was one of the original Rockford Peaches in 1943. During World War II, she was a welder on tanks at Packard in Warren, Ohio; she also played on its softball team. A pitcher, she used the "whirly-bird wind-up." Some of those ladies could put that ball 80 mph across home plate, with the average speed between 60 and 65 mph. Read more about her at the All-American Girls Professional Baseball League website, [aagpbl.org](http://aagpbl.org).

*Robert W. Dick, Kissimmee, Fla.*

**Editor's note:** The Legacy Run was set to stop in Ruidoso, N.M. ("Back on the Road," August).

## THE PLAYLIST

*American Legion videos you don't want to miss.*



Photo by Ben Mikesell

### Commander's personal tour of the Wall

Then-American Legion National Commander James W. "Bill" Oxford introduces Boys Nation participants to some of his friends, immortalized at the Vietnam Veterans Memorial in Washington, D.C.



Photo by Ben Mikesell

### The making of Veterans Field

See how the home of the American Legion World Series came into existence.

### When they came home

Racing legend Jimmie Johnson explains why veteran suicide prevention is The American Legion's mission focus.

### Colorado service officer 'had my back' during COVID

American Legion service officer Raymond Odum shares his passion for helping veterans during the pandemic, and every day.

### Post commander's care for forgotten cemetery

Jim Moriarty of Oregon searches for veterans dating back to the Civil War in a cemetery that has been unattended since the 1970s.

Visit [legion.org/magazine/videos](http://legion.org/magazine/videos) or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.



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*As a Vietnam veteran, I deeply empathize with today's veterans who are witnessing this tragic turn of events. But let me be 100% clear — the sacrifice, commitment and work by all our men and women in uniform these past 20 years was worth it.*

*They kept our nation safe when many feared another attack.*

*They brought evildoers to justice.*

*They delivered hope to war-torn nations.*

*Their courage, victories and selfless acts of service will not be washed away by history.*

*To all the men and women who served and made the world a better, safer and brighter place since the dark day of 9/11, I salute you.*

*As veterans, we have a unique perspective on what all of this means. The action we are seeing today is troubling on an international scale, but also troubling to veterans, especially those who served with honor since 9/11. They may be left questioning what all of this means. They may have trouble processing this turn of events as related to their service. They may experience feelings of depression.*

*We need to let them know that their service matters today and it will matter tomorrow. I strongly encourage American Legion Family members to take this opportunity to perform Buddy Checks on Afghanistan, Iraq and other veterans during this time. Reach out to your brothers and sisters in arms. Make sure they are doing OK. Ask what they need.*

*Whether you are a Vietnam veteran, or one from the war on terrorism or another era, I thank you for your service. No matter when you served, your service mattered. And it's what will allow freedom and democracy to continue.*

**Then-National Commander James W. "Bill" Oxford**, in an Aug. 16 message after the U.S. pullout from Afghanistan turned chaotic with a Taliban onrush into power

*"The tragic developments in my homeland, Afghanistan, have been ... heartbreaking and (have) forced me to constantly think of that beautiful country and be worried about the millions of innocent Afghans who are once again faced with an uncertain future."*

**Aryan Hamdard**, 2021 governor of Virginia American Legion Boys State. He immigrated with his family in 2019 on a Special Immigrant Visa; his father worked in information technology for the Afghan government and U.S. forces. Hamdard is the first immigrant governor elected in Virginia Boys State's 78-year history.

Read more about Hamdard's story: [legion.org/boysnation](https://legion.org/boysnation)

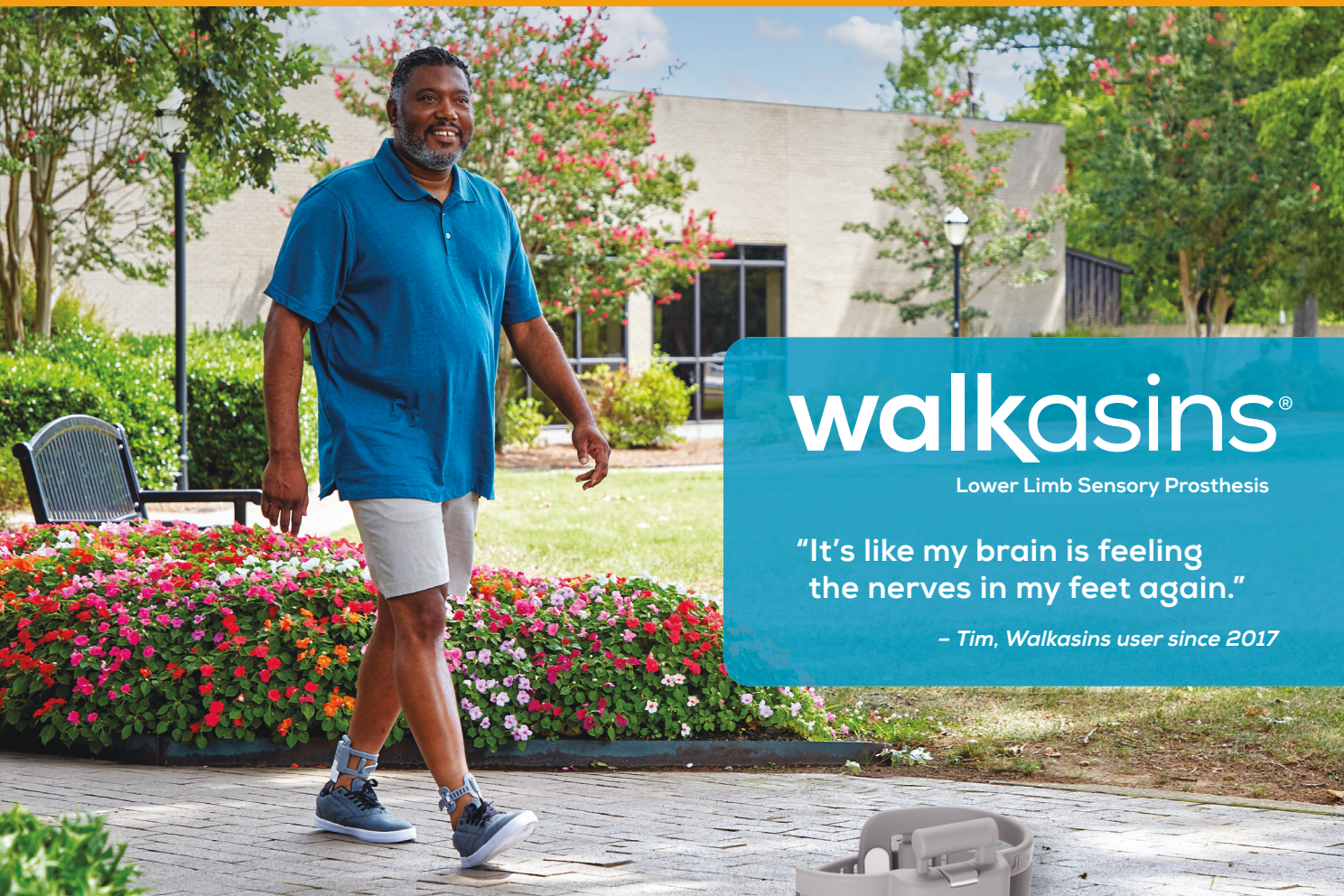
### **'A successful mission'**

Among the emails received by Commander Liz Hartman prior to New Bern, N.C., Post 539's veteran town hall on the Afghanistan situation Aug. 18 was one from a Vietnam veteran, who said, "I really appreciate this. I wish we had this when we were coming home."

Al Bellamy, a member of Post 539 and Marine Corps major who deployed to Helmand Province in 2014, said, "We were there to take down Osama bin Laden and his al-Qaida network, and we did those things. The fact that the Taliban reigns supreme in that country is disappointing. But we can all take solace that the reason for the war in the first place was accomplished. It was a successful mission."



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## Entire 9/11 podcast series now available



All 20 episodes of the American Legion Tango Alpha Lima podcast series paying tribute to the 20th anniversary of 9/11 are now available. Among the stories:

► **Episode 1:** "It really felt like I was surviving Dec. 7, 1941." National Commander Ric Santos was on Capitol Hill that morning, ready to present The American Legion's priorities to Congress.

► **Episode 2:** "I felt this concussion wave go right through me." Jimmy Brown, a New York City firefighter who escaped one of the towers

► **Episode 6:** "We lost a primary target of Flight 93. I don't see him anymore." Robert Douglas, an air-traffic controller, recalls the tense moment when he and other ATCs were ordered to land roughly 4,000 airplanes in two hours.

► **Episode 14:** "I was scared. I was nervous." Army veteran Jessica Lynch discusses her nine days in captivity, her rescue and more.

[legion.org/tangoalphalima](http://legion.org/tangoalphalima)  
[youtube.com/c/americanlegionhq](https://youtube.com/c/americanlegionhq)

## VETERANS STRENGTHENING AMERICA

The American Legion's Buddy Check program has proven vital since it became a formal nationwide initiative in March 2019. Thousands of veterans and their families have heard from

Legionnaires across the land and received assistance, camaraderie and assurance that they have friends who can help, especially during the isolated times of the COVID-19 pandemic.

The American Legion Magazine recognizes posts that perform effective Buddy Checks in their communities, and encourages others to put together teams, make calls and report success stories at [legion.org/legiontown](http://legion.org/legiontown) under the Buddy Checks category. Selected submissions will be published monthly.



## 'STILL TENDING TO OUR VETERANS'

Our Auxiliary members at American Legion Post 79, Riverside, Calif., did Buddy Checks for our members during the coronavirus lockdown. We divided up our memberships, and our officers made calls and/or sent emails. Some are elderly and really appreciated the contact.

Once out of lockdown, we had a baby shower for our women veterans at the VA hospital in Loma Linda. We collected \$400 worth of diapers, baby bibs, clothing for moms and babies, and baby bath items. We are still tending to our veterans and serving them as we are able. Thank you for a great idea.

Submitted by Diana Yegge, past president,  
American Legion Auxiliary Unit 79, Riverside, Calif.

## Whereas ...

**The American Legion supported waiving the 10-year requirement** after ending the war to start the process to start construction ...

**The waiver was approved** and now the process has started with design and site selection ...

**The Global War on Terrorism Memorial Foundation is asking for The American Legion's support** for the site selection for a prominent place in the National Capital Region ...

### Be it resolved,

The American Legion goes on record with Congress in support of the construction of a memorial dedicated to the Global War on Terrorism in a prominent location in the National Capital Region without financial obligation by The American Legion.

**Passed,** American Legion National Executive Committee Virtual Meeting, Oct. 14-15, 2020

Learn how your post can conduct Buddy Checks:  
[legion.org/buddycheck](http://legion.org/buddycheck)



U.S. Army photo



# Better read this if you are 62 or older and still making mortgage payments.

It's a well-known fact that for many older Americans, the home is their single biggest asset, often accounting for more than 45% of their total net worth. ***And with interest rates near all-time lows while home values are still high, this combination creates the perfect dynamic for getting the most out of your built-up equity.***

But, many aren't taking advantage of this unprecedented period. According to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than 9.23 trillion dollars\* of unused home equity.

Not only are people living longer than ever before, but there is also greater uncertainty in the economy. With home prices back up again, ignoring this "hidden wealth" may prove to be short-sighted when looking for the best long-term outcome.

All things considered, it's not surprising that more than a million homeowners have

already used a government-insured Home Equity Conversion Mortgage (HECM) loan to turn their home equity into extra cash for retirement.

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan; however, the borrowers are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

***It's times like these that your largest asset can be a life saver.***

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be

used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don't even bother to get more information because of rumors they've heard.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that over 98% of their clients are satisfied with their loans. While these special loans are not for everyone, they can be a real lifesaver for senior homeowners — especially in times like these.

The cash from a HECM loan can be used for almost any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a safety net for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make the best decision for your financial future.

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Reverse mortgage loan terms include occupying the home as your primary residence, maintaining the home, paying property taxes and homeowners insurance. Although these costs may be substantial, AAG does not establish an escrow account for these payments. However, a set-aside account can be set up for taxes and insurance, and in some cases may be required. Not all interest on a reverse mortgage is tax-deductible and to the extent that it is, such deduction is not available until the loan is partially or fully repaid.

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# Repeal 2002 war powers resolution

***Congress' 2001 and 2002 authorizations for the use of military force are criticized for giving the president broader war powers than the Constitution allows.***

***Others argue that legislative authority is needed to address terrorists and other threats.***



## SUPPORT

**Rep. Barbara Lee, D-Calif.**

Lee is chair of the House Appropriations Subcommittee on State and Foreign Operations.

Twenty years ago, after the Sept. 11 attacks, Congress voted to pass the 2001 Authorization for Use of Military Force (AUMF) – a 60-word blank check for any president to authorize military force whenever they thought necessary. The 2001 and 2002 AUMFs are being used well beyond the scope for which they were originally intended.

I was the only member of Congress to vote against the 2001 AUMF. I did not think any president should have unilateral authority to send our servicemen and women into harm's way without the people's input. Let's be clear: the Constitution requires Congress to authorize the use of force, not the president. I could not support this authorization for perpetual war then, or now.

As the daughter of a 25-year Army veteran, I honor the sacrifices our troops have made, but I am horrified by the human toll of our endless wars. While we continue to pour trillions of dollars into these conflicts, here in the United States 140 million people are living in poverty and struggling to keep food on the table. As we rebuild from this pandemic, it's crucial that we rein in wasteful defense spending, prioritize the safety of another generation of servicemembers and put the needs of the people first.

I'm hopeful that we finally have the political momentum in the House, Senate and White House to finally repeal these overly broad AUMFs and restore Congress' constitutional role in matters of war and peace.



## OPPOSE

**Rep. Liz Cheney, R-Wyo.**

Cheney is a member of the House Armed Services Committee.

The 2002 AUMF provides authorities that could be critical to confronting Iranian militias and their proxies as they engage in behavior that threatens the interests of the United States and our allies. Repealing it without a comprehensive replacement is irresponsible and ignores the security challenges facing our nation.

The legislation to repeal this AUMF removes a critical tool used by previous administrations – Republican and Democrat – to defeat terrorist threats originating in Iraq. At a moment when we are seeing increased attacks on U.S. forces, we should not limit the president's ability to defend us. Recently we have seen attacks launched against U.S. bases in Iraq. Repealing this AUMF will negatively affect our ability to deter and respond to such attacks in the future.

Repeal would also send a message of weakness to our adversaries and friends alike. We have relied on the authorities in this AUMF to counter the malign activity of Iranian proxies, to combat the danger posed by the Islamic State, and to eliminate terrorists like Qasem Soleimani who pose a direct threat to our country's safety.

Any repeal that is not part of a comprehensive replacement providing adequate authority to combat terrorists or those who want to do our nation harm is a vote to leave America exposed to our enemies. It would be irresponsible to tie the hands of the president, his administration and our military leaders. Eliminating the AUMF will do just that.

---

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# America's big problem

BY MARTIN SAYERS

Americans are getting fatter.

In 2000, 30.5% of U.S. adults were classified as obese, meaning they had a body mass index of 30 or higher. By 2018, that number had increased to 42.7% - the first time it's ever topped 40%.

Lack of activity is partly to blame. In decades past, the working day usually involved some sort of physical exercise, but most of today's jobs are sedentary. We also do less in our leisure time, and our main modes of transportation - cars, buses, planes, trains - require sitting.

What we eat is contributing to the problem, too. High-fat calorific food is often cheap, easy to get and heavily promoted. Meanwhile, healthy food costs more in some areas, may be harder to access and isn't marketed nearly to the same degree.

The bottom line: Americans are consuming more calories and burning fewer off than ever, resulting in a crisis with severe health implications.

"Obesity and excess weight are associated with a number of medical conditions, all of which can impact and reduce life expectancy," says

Elizabeth Lowden, medical director of medical weight management and a bariatric endocrinologist at the Northwestern Medicine Metabolic Health & Surgical Weight Loss Center at Delnor Hospital in Illinois.

Cardiac disease, type 2 diabetes, high blood pressure, sleep apnea, acid reflux, osteoarthritis, certain cancers - while many of these diseases are seen in those without excess weight, obesity contributes significantly, Lowden adds.

The path to a healthy weight and maintaining it includes daily physical activity, healthy eating and, most importantly, consistency.

"While dramatic changes can lead to dramatic weight losses, these are not things most people can continue long-term, and can lead to frustration over time," Lowden says. "The most effective way to start is small: smaller portion sizes, choosing healthier options and being more active during the day."

*Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition issues.*

## HOW TO ACHIEVE AND MAINTAIN A HEALTHY WEIGHT

### Be more active

Burning calories through exercise is an obvious, and effective, way to lose weight. But that doesn't mean you have to hit the gym or run marathons. Start by adding easy exercise to your daily routine, like taking the stairs rather than the elevator, parking a few blocks away from work and walking the rest of the way, or doing some in-place jogging while watching TV.

### Watch what you eat

Try to cut down on fat and calories, and eat plenty of fruits and vegetables. But do it gradually, as suddenly changing your whole diet is unlikely to last. For example, if you have ice cream for dessert each night, switch to fruit instead. Also, simply changing portion size can have a positive effect, as a lot of us eat whatever is in front of us even when it's more than we need.

### Be consistent

Whatever you do to control your weight, keep at it. As any serial dieter will tell you, weight loss doesn't last forever.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



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## The power of hydration

**Editor's note:** Before starting a new diet or strenuous physical activities, be sure to get clearance from your primary care physician.

Drinking enough water daily is crucial for many reasons. It regulates body temperature, lubricates joints, prevents infections, delivers nutrients to cells and keeps organs functioning properly. Being well-hydrated also improves sleep quality, cognition and mood.

Even so, more than half of U.S. adults don't drink enough water. A study of 2,000 Americans found that just 22% meet USDA daily recommendations.

There are different estimates for how much water adults need, but the general consensus is to drink approximately 11 cups of water per day for the average woman, and 16 cups for men. In recent years, experts have suggested not all of that has to be plain water; you can also hydrate with fruits or vegetables, and even coffee or tea.

However, it is highly recommended to limit or eliminate the amount of sugary soft drinks, fruit juices and energy drinks consumed in place of water. These not only lead to dehydration, but can increase weight gain and the risk of type 2 diabetes.

Here's how to determine your personal daily hydration goal:

- **Take your weight.** The first step to knowing how much water to drink every day is to know your weight. The amount of water a person should drink varies on his or her weight; a 200-pound man and a 100-pound woman require different amounts of water.
- **Multiply by 2/3 (or 67%).** For example, if you weigh 175 pounds you would multiply that by 2/3, and learn that you should be drinking about 117

ounces/3.46 liters of water every day.

- **Add your activity level.** Finally, adjust that number based on how often you work out, since you are expelling water when you sweat. You should add 12 ounces/.35 liters of water to your daily total for every 30 minutes you work out. So

### 59%

Americans in 2021 who have someone they consider their best friend

### 75%

Americans in 1990 who said they had a best friend

### 22%

Americans who say it has been at least five years since they last made a new friend

Sources: American Perspectives Survey May 2021, Gallup 1990



Media Bakery

if you work out for 45 minutes daily, you would add 18 ounces/.53 liters of water to your daily intake.

**Your skin will thank you** Without increased water consumption, skin appears duller, and wrinkles and pores more prominent. Proper hydration helps retain moisture and improves its elasticity. This means it is less likely to crack and have irritations and blemishes.

**Increase brain power** It's well known that water is essential for survival. Now research shows the role of water in the maintenance of brain function, suggesting that particular cognitive abilities and mood states are positively influenced by water consumption. The effect of dehydration on cognition and mood is particularly relevant for those with poor fluid regulation, such as the elderly and children.

**Tips to improve consumption** Dehydration is often accidental. Most often, we just forget. Keep a large water bottle with you, and refill it throughout the day; the visual cue will be a reminder to drink water. If that still isn't helping, set a reminder alarm on your phone.

*Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She works with veterans and civilians, from elite athletes to those just starting their fitness journey. She is commander of the California American Legion's 24th District.*





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A photograph of Davon Goodwin, a Black man, wearing a blue button-down shirt and a grey baseball cap. He is standing in a vineyard, looking down at a bunch of green grapes. The background is filled with rows of grapevines under bright sunlight.

*Davon Goodwin, an Army veteran and first-generation farmer, checks his grapes at his farm in Laurinburg, N.C.*

# From Service to Harvest

*Farming can be a lifesaver for veterans, especially those with disabilities.*

BY HENRY HOWARD  
PHOTOS BY BEN MIKESELL

Cindy Chastain has the real-world experience necessary to assist veterans interested in farming as a career. She grew up on a farm in Crawfordsville, Ind., where her family raised corn, soybeans, cattle and more. “4-H hogs,” she says, “put me through college.”

She received an animal sciences degree at Purdue University while in ROTC, and served more than 30 years in the Army. “I didn’t work with agriculture during that period, but I always wanted to get back to it. That’s where I am most comfortable.”

Now Chastain oversees the family farm and is the veteran outreach coordinator for AgrAbility, a free Department of Agriculture (USDA) program that provides education, support and assistance to farmers with disabilities, helping them overcome barriers in their profession.

Farming is a great fit for many transitioning servicemembers, and it doesn’t have to involve hundreds of acres of crops, Chastain says. She has worked with veteran farmers who have much smaller acreages dedicated to produce, cattle and even flowers.



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\*Methodology: Phone surveys at regular intervals with general veterans affairs (VA) population of mixed diagnoses, including those with COPD, bronchiectasis (BE) and assorted neuromuscular disorders using the InCourage system. Data collection began in 2019. As of 9/30/2020, 323 veterans completed the baseline survey; 160 patients in 1-month cohort; 128 in 3-month cohort; 98 in 6-month cohort; 28 patients in 12-month cohort.

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*Cindy Chastain, an Army veteran, works as a veteran outreach coordinator for the National AgrAbility Project at Purdue University.*

Veterans share similarities with farmers, she adds. “Farmers don’t quit when it’s 5 o’clock in the afternoon. We’re not afraid of hard work. We’ll do whatever it takes to get the mission done. And we want purpose in life.”

Farming isn’t for everyone. Land is expensive, and it can be almost impossible to make a decent living off small acreage farming, Chastain says. Hobby farming, homesteading or working for an established farmer are viable alternatives for veterans wondering if it’s right for them.

For many, the routine of farming is beneficial. Plus, it’s good therapy for those with PTSD or a traumatic brain injury (TBI).

“They need something to get motivated, and that may be taking care of an animal,” she says. “One veteran’s draw was growing plants. He said getting his hands in the soil was the first time he was able to connect with his family and the community after several traumatic brain injuries.”

**Small device, big difference** Created in 1990, AgrAbility offers services in 21 states. For farmers elsewhere, AgrAbility connects them with

resources in their state. Chastain and other staff visit farmers and their families, assessing their needs and helping secure the right resources. That might mean a small assistive device or modifications to a large piece of farm equipment.

As a veteran and farmer herself, Chastain can dig deep and understand what’s needed.

“Some veteran farmers tell me if it weren’t for farming, they weren’t sure they would still be around,” she says. “That’s pretty dramatic, that farming saved their lives because they were lost at some point due to issues from their service.”

Davon Goodwin, a post-9/11 Army veteran, credits farming for his recovery. After he met Chastain at a conference, she connected him with an AgrAbility representative in North Carolina, where he owns and operates Off the Land (OTL) Farms.

“Davon, like a lot of veterans, didn’t want to tell me he had a problem,” she says. “A lot of veterans don’t like to talk about it – and not just veterans, farmers too. You have to search for those kinds of issues sometimes.”

While deployed, Goodwin suffered a TBI, which led to a sleep disorder. “Narcolepsy is

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*Charley Jordan grows more than 40 types of flowers at his farm near Fort Campbell, Ky. Jordan is a retired Army special operations aviator and member of American Legion Post 72 in Dover, Tenn.*

debilitating, obviously, because you fall asleep a lot,” he says. “I look at it as a gift and a curse.”

He often farms his 42 acres at night and sleeps during the day. But he had trouble staying awake while operating machinery. On one occasion, he fell asleep on his tractor and crashed. Fortunately, he escaped injury.

Thanks to AgrAbility, Goodwin wears a small \$20 device behind his ear that reduces his stress and helps him stay awake for longer stretches so he can complete his farmwork.

“Once I fall asleep, my head drops and a siren will ring inside the device,” he says. “It’s been a lifesaver for me. Without AgrAbility, I wouldn’t be farming. I enjoy it, but the satisfaction was depleting because of my disability. Farming allows me to have a disability and still contribute to society.” 🌿

*Henry Howard is deputy director of the American Legion Media & Communications Division.*

Learn more about how farming is a good career option for veterans:

**[legion.org/magazine/videos](https://legion.org/magazine/videos)**

## RESOURCES FOR FARMERS

**AgrAbility** This USDA-sponsored program helps farmers, ranchers and other agricultural workers minimize and overcome a wide range of disabilities to succeed in their profession, through education, peer-to-peer support and other assistance.  
**[agrability.org](https://agrability.org)**

**Farmer Veteran Coalition** With a presence in all 50 states, this membership-based nonprofit organization assists veterans and those currently serving in the military to embark on careers in agriculture.  
**[farmvetco.org](https://farmvetco.org)**

**USDA** Among the resources available from the agency are information and training geared toward first-time farmers and veterans interesting in farming.  
**[newfarmers.usda.gov](https://newfarmers.usda.gov)**

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*"When my military service ended, it was this big hole that I was trying to fill. Farming helped me fill that ... After you see what you often see in war, you need to see the gentleness in life again."*

Davon Goodwin is a first-generation farmer who started seven years ago after an injury caused by an IED in Afghanistan. The Army veteran broke a bone in his back and has been diagnosed with traumatic brain injury and PTSD.

"There were some very dark days when I didn't think I had a reason to live," he says. "When I found farming, that's when things started to come together. It's that sense of purpose that probably saved me, because the dark days I had were pretty dark."

The Pittsburgh native says he wasn't sure where he fit in initially. Living in rural North Carolina, he was surrounded by agriculture but didn't understand what it meant to farm. "Was farming just driving tractors? Was it growing corn?" he wondered.

Now Goodwin grows muscadine grapes, blackberries, potatoes and onions on his 42 acres. He plans to plant peaches next year. Farming gave him a way to provide for his family, continue serving others and more.

"Farming helps me as a veteran by giving me that purpose," he says. "When my military service ended, it was this big hole that I was trying to fill. Farming helped me fill that. For a lot of veterans, farming can give them that purpose, but it also gives them something to drive for. When you are military, you're very driven and goal-oriented. Farming is the same way. After you see what you often see in war, you need to see the gentleness in life again. You need to see livestock being born or you need to see a seed become a fruit. It just gives you a sense that life is normal again. And that normalcy is what has helped me and other veterans."

*"If I'm having a bad day, I go inside my greenhouse and let the sun shine on me. Let the wind blow. Listen to the bees buzz."*

Charley Jordan grew up as a surfer kid in Florida and joined the Army after high school. He spent his last 15 years of service as a special operations aviator for the 160th Aviation Regiment at Fort Campbell, Ky., before retiring in 2017. Currently he works as an adjunct professor at Embry-Riddle Aeronautical University.

In 2001, Jordan started a cattle farm, which allowed him to keep his military commitments while indulging his passion for farming. In time, he transitioned to growing flowers. "It's a lot less stress, no more chasing a bull down the street," he says.

On his five-acre farm in Indian Mound, Tenn., Jordan grows more than 40 varieties of flowers and 11 types of mushrooms. He also has a small bee hive, which he plans to use to produce honey. This second career is his way to relax and deal with his PTSD. "Floriculture provides smiles on people's faces, and that's something I enjoy," he says. "And this provides me a little bit more peace and happiness."

Jordan, a member of American Legion Post 72 in Dover, Tenn., emphasizes the calmness needed for his type of farming. After all, the bees don't care if he's having a bad day. "You have to be calm when you go mess with those bees," he says. "You better not go up to them being all pissed off because they're going to put you in your place really quick. And the same for livestock. Same for flowers and vegetables."

Jordan says he has found peace on his farm. "When I put my hands in the ground, it changes me and automatically makes me calm," he says. "If I'm having a bad day, I go inside my greenhouse and let the sun shine on me. Let the wind blow. Listen to the bees buzz. Then I go out, put my hands in the ground, and I'm happy."



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Photo by Christopher Rusanowsky

## Meet Paul E. Dillard of Texas, national commander of The American Legion.

BY MATT GRILLS

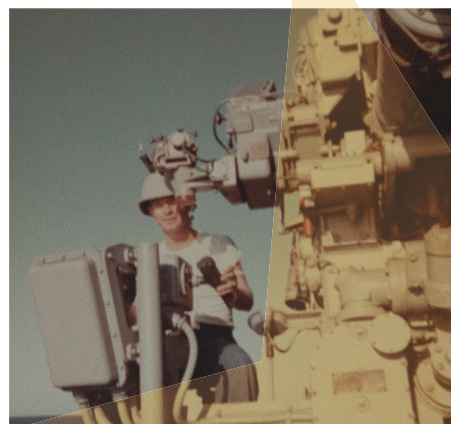
**F**or Paul Dillard, the road to The American Legion's highest office started 40 years ago, with a question: "Meeting? What meeting?"

Sitting in the clubroom of Post 62 in Denison, Texas, he listened as the older veteran explained that it was the second Tuesday of the month, and they wanted Dillard to step into the next room for a membership meeting.

"This is at least two years after I joined," he says, shaking his head. "I didn't even know they had meetings. So I went over, sat down

and they elected me post sergeant-at-arms."

Ask people to sign in, check membership cards, secure the door for meetings. Easy enough. What Dillard got, though, was a bigger picture of the Legion's purpose and programs, and he liked what he saw. Within two years, he was Post 62's first Vietnam veteran commander, and its youngest.

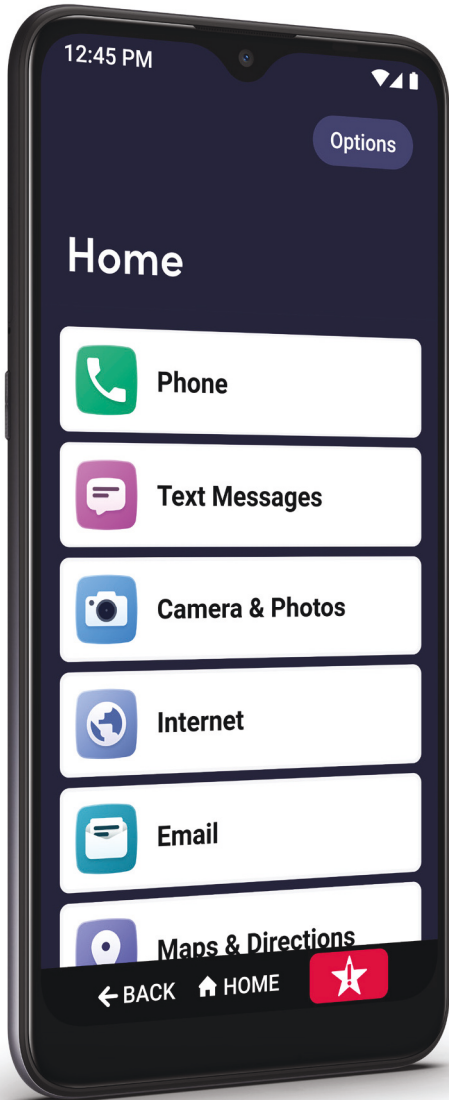


Dillard is a Vietnam War Navy veteran - four campaigns, three deployments, two ships. From 1967 to 1968, he worked as a radarman on USS *Sproston* (DD 577). When the Navy decommissioned it, he was transferred to USS *Carpenter* (DD 825), which served as secondary recovery ship for the Apollo 11 mission.

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Photo by Christopher Rusanowsky

Dillard met his wife, Donna, at an American Legion Department of Texas convention in San Antonio in 1982. She didn't remember him, but he couldn't forget her. He saw her again that fall at a district convention in Houston and asked her out.

"I tell people I had to go all the way to Houston to find someone who didn't know me," he says. "Truthfully, it's the best thing I've done in my life."

They dated briefly, and just before Christmas, Dillard proposed. "He stopped under an overpass and pulled a ring from under the seat," she says. "It was kind of whirlwind, but when you know, you know."

"It grows on you," he says. "It really does. The American Legion feels like home, if you let it."

Having served in two dozen roles at every level of the organization, Dillard believes the Legion has no equal as a champion for veterans – and a difference-maker in communities big and small.

On Sept. 2, Legionnaires elected Dillard national commander at the 102nd National Convention in Phoenix. Having waited a year due to the pandemic, he's raring to go.

"We've got to tell veterans, the military, their spouses and their children that we're still here for them, providing the same services we always have," he says. "We just need them to help us keep it going. The larger our number, the louder our voice."

Dillard grew up in Whitesboro, Texas, not far from the Oklahoma border. He spent most of his time outdoors. "I'd come in from school and get my shotgun and go bird or rabbit hunting. And I loved sports. During summers I played baseball everywhere I could." In high school, he added basketball, football and track.

His father, an Army veteran, served in the Far East during World War II. An uncle landed at Normandy. Neither encouraged Dillard to join the military or even talked about it. But in 1965, a few months before graduation, he and some buddies cut class and signed up.

"My mother didn't like it worth a diddly doggone," he says. "She didn't know about it until I came home. None of our parents did."

He went Navy, hoping to see more of the world. And he did, starting with basic training in San Diego and Class A school in San Francisco. From there, Dillard was sent to Pearl Harbor to go aboard USS *Sproston*, a World War II-era destroyer. He went to Vietnam twice on the ship, and again on USS *Carpenter*. Between shore bombardments and participating in a medevac, he saw a bit of action.

Those experiences, and the loss of two friends to illnesses related to Agent Orange exposure, left their mark on Dillard. "It shaped me some," he says. "Things would bother me where it used to be they didn't. I feel like it made me more passionate about life in general."

Dillard left active duty in 1969 – "three years, 11 months, 22 days later," he says, grinning. He took a job at Texas Instruments, then moved to Tennessee to work in manufacturing. Eventually, he came back to Texas to fly a company plane for Sherman Foundry. That's about the time his American Legion career took off, too.

When he started seeing Donna, his wife of 38 years, Dillard was already active at the district and state levels. They met through her father, John D. Morris, a future Texas department commander and national vice commander. (Also, Dillard's mentor.)

They married in 1983, and life together has been anything but dull, Donna says. "Every day I wake up and wonder, 'What's he gonna do today?' I have to stick around and find out."

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As a dad, Dillard kept the mood light. On hot summer days fishing on Lake Texoma, he'd get Donna and their boys, William and Jonathon, laughing by dancing around the boat and threatening to moon the fish if they didn't bite.

"He's a totally devoted husband and father," she says. "There wasn't a moment he wasn't involved with family stuff."

He recalls coming home from a week of travel and asking if Donna had traded William for a another baby, he'd changed so much. Offered the chance to start his own insurance business, Dillard jumped. "I was only going to have those few years with them, and that's what I wanted."

That meant slowing his climb in The American Legion, too. Following his term as commander of Texas' 4th District, Dillard waited until his sons were grown before taking on bigger roles. That was 15 years ago. Since then, he's served as department commander, alternate National Executive Committeeman, chairman of the Veterans Employment & Education and Legislative commissions, and more.

As a national vice commander in 2013, Dillard "blew everybody's socks off," says PNC John Brieden III (2003-2004). "Not only were we proud of him, but people outside Texas were saying, 'This guy needs to be national commander.'"

Dillard's theme – his creed, actually – is "No Veteran Left Behind." The Legion's membership once exceeded 3 million, long before social media, he says. "We've got to get back to the drawing board. Personal contact is so critical."

To him, it's not about being No. 1, but about reaching every one. A bigger American Legion means more veterans knowing where to go when they need help finding employment, filing a VA claim or dealing with the invisible wounds of war. A bigger American Legion means more veterans knowing they aren't alone – that there's a place they can and do belong.

"Times are more difficult than they were 20 years ago, or 10 years even," Dillard says. "The men and women who raised their hands and took an oath need all the support we can give them while they're on active duty, and all the care after active duty they deserve. Everyone in The American Legion served at some point. We know where they're coming from." 🌿

*Matt Grills is managing editor of The American Legion Magazine.*

Learn more about National Commander Paul E. Dillard:  
[legion.org/commander/videos](https://legion.org/commander/videos)



*Dillard talks with Jeremy Jordan, Lake Kiowa Post 265's commander and a fellow Navy veteran.*

Photo by Christopher Rusanowsky

Dillard has strong ties to three Texas American Legion posts. His original post home is **Fred W. Wilson-Sam Pattillo Post 62** in Denison, built in 1919 and named for the city's first losses in World War I and World War II.

Recently rebuilt after a 2015 flood, **MIA Post 231** in Pottsboro began as an offshoot of Post 62. Several members are friends from his earliest days in the Legion.

In 2019, Dillard helped establish **Lake Kiowa Post 265** with other veterans in his community. With more than 80 members, the post is among the top sellers of U.S. flags through Emblem Sales' Flag Rewards program.

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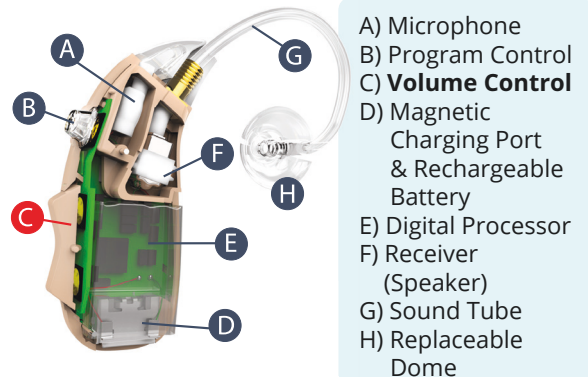
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*Marine Corps veteran Devon “Booey” Ammons takes the lead in one of several water obstacles during Motorcycle Relief Project Ride No. 42. By the final day of the weeklong retreat, participants gained enough experience in off-road riding to take on challenges like crossing water and higher speeds in dirt.*

## ***Motorcycle Relief Project helps veterans, first responders.***

STORY AND PHOTOS BY JERIC WILHELMSSEN

**R**eadjustment to civilian life takes many forms. Mike Bobbitt, a retired Air Force chief master sergeant and member of American Legion Post 2008 in Falcon, Colo., chooses wind therapy for himself, and for others.

As director of operations for the nonprofit Motorcycle Relief Project (MRP), Bobbitt has helped hundreds of veterans and first responders blow off steam and reduce the weight of their intense experiences.

For a few days in April, the Alma Del Sol desert retreat near Tucson, Ariz., served as home base for eight veterans with various forms of post-traumatic stress disorder (PTSD), along with five MRP staff and volunteers. The rendezvous was MRP’s 42nd retreat, a weeklong motorcycle adventure coupled with evening workshops designed to help veterans deal with stress management and trauma.

MRP founder Tom Larson started out as an advertising copywriter, but the pressures of the job led him to give it up. He never served in the military, but had his own form of PTSD.

Larson found his calling after a trip to the Dominican Republic. He and his wife, Dana, founded Healing Waters International, which provided safe drinking water to poor communities in developing countries. The nonprofit did well and expanded, so much that it outgrew his original vision. He decided to step down and let others run the program.

Still, Larson felt strongly about continuing to help others. In a dentist’s waiting room, he picked up an off-road motorcycle magazine and was struck by an idea.

“I had this light-bulb moment,” he says. “What if you could use motorcycles as a draw to bring veterans who love motorcycles together? And



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*Motorcycle relief Instructor ("dirt coach") Lance Thomas instructs MRP participants in the basics of turning in the dirt. "The difference between the first training session and the third one was just incredible," he says. "These guys just picked it up."*

then we ride together but work on our issues after we ride?"

The Motorcycle Relief Project was born.

Its formula is simple and effective. A small group of veterans share a cabin-style retreat in Colorado or Arizona for a week, riding adventure bikes by day and doing recovery work at night. A few times a year, MRP hosts rides specifically for first responders and women.

Bobbitt first learned of MRP from a friend. He'd been looking for volunteer opportunities, and this one sounded like a dream gig for the affable, red-bearded veteran.

"All our volunteers come from within the program, so Tom told me I had to actually come on a ride as a participant first and let him check me out," says Bobbitt, who joined Relief Ride No. 5 in 2016. "I saw the amazing things the program was doing ... so (I was) definitely interested in helping out."

Eventually, Larson asked Bobbitt to join MRP as director of operations, handling everything from screening applications to organizing rides to cooking dinners.

Participants of Relief Ride No. 42 are strangers to one another when they begin to arrive on Sunday afternoon. They gather on the back porch and poke at their cellphones during their first few minutes together.

Rollin Ronemus, adjutant of Evans-Blitz American Legion Post 922 in Canadensis, Pa., says it doesn't take long for the veterans to get

acquainted. "The first day we showed up there was maybe a couple minutes of awkward silence, and then the busting chops started."

Another volunteer who helps MRP run smoothly is Steve Bennett, an Army veteran from Livermore, Colo., and past ride participant. He describes how the first evening kicks things off with a family-style dinner.

"Nobody knows what to expect when they get here on Sunday," Bennett says. "We sit down as a group ... you know, Thanksgiving dinner is how we theme it. We do the whole turkey and stuffing thing and focus on gratitude that first evening. And that's the first opportunity for us to start becoming a family."

After dinner and cleanup, the workshops begin. Participants and staff gather in the main living room of the Casa Del Sol, with its vaulted ceilings and green couches arranged in a circle. Every seat is taken.

Starting with simple introductions, the talks go deeper as the week progresses. Participants and staff learn to trust each other. "I didn't want to do the traditionally touchy-feely group-type things, but that's not what it was at all," Ronemus says. "Everyone was open and freely sharing. I didn't feel intimidated by any of it."

Most days follow a set schedule: breakfast, riding, lunch in the field, family-style dinner, workshops. Staff members cook breakfast and dinner, and participants clean up. They perform routine service on their bikes and pack their





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happens, watch out! No one can predict the future value of silver, but many Americans are rushing to stock up, for themselves, and their loved ones.

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Watch a video of veterans bonding with their bikes, and each other, during Motorcycle Relief Project's 42nd weeklong retreat:

**[legion.org/magazine/videos](https://legion.org/magazine/videos)**

lunches. And throughout the week, each person takes a turn at the sink and handling trash.

Devon “Booey” Emmons, a former Marine Corps infantry instructor who works as a crane operator in Philadelphia, says he appreciated the structure.

“It was just like being in the military again ... Hey, we’re doing chow at 0730, kickstands up at 0900. There wasn’t time to get in our head. It was just back to back to back to back. And then, when we get to the house and do the workshops in the evening, you’re exhausted and feel more open to respond.”

During the workshops, everyone in the circle is expected to contribute. Staff members share their own struggles, too, helping create a bond with participants.

MRP’s motorcycle instructor (“dirt coach”) is Lance Thomas of Salinas, Calif. Along with his brother, Shawn, he has trained thousands of off-road riders. He joins the groups at night and tells his story, just like any participant. “To me, it’s as enjoyable as the riding we do,” he says. “I’m not really a group meeting-type person, but I really love the way these are done. I love the fact that I get to be part of it.”

Daily instruction on motorcycles is much like the nightly, building on lessons from the previous day. On the first day, participants take a short pavement ride to get familiar with the bikes and soak up the scenery. “We start with slow-speed riding,” Thomas says. “To me, one of the biggest things with these bikes in the dirt is turns, and braking.”

A lot of bikes fall in the first few days, each drop unleashing a chorus of horn-honking from the others. But by week’s end, participants can hit 60 mph down dirt roads. “The difference between the first training session and the third one was

just incredible,” Thomas says. “These guys just picked it up.”

The fleet is made up of BMW adventure bikes, or ADVs, which all have German female names as a nod to their Bavarian heritage. Many of the bikes, such as Helga, were donated to MRP by someone who learned of the nonprofit through a magazine ad.

“We receive no government funding,” Larson says. “No VA funding. We’re funded almost exclusively by individuals and companies who want to help our veterans.”

So far, MRP has served more than 300 veterans and first responders. For Bobbitt, this was his 27th ride. “I’ve spent a lot of time in the program, and I do what I do because it’s so rewarding to be able to give back,” he says. “After 30 years, I get a decent retirement, so I can afford to volunteer and give back to my brothers and sisters who I know are struggling.”

The combination of outdoor activity and evening workshops offers participants breathing room to unpack some of their burdens. “Over the course of the week, you can physically, visibly, see the load they are carrying lighten,” Bobbitt says. “We’ve heard it so many times: ‘I haven’t felt this way in years.’”

Unlike his previous nonprofit ventures, Larson isn’t the least worried about the fast growth of MRP. “There’s magic that happens here,” he says. “I hope we can keep going on and get the right participants. We’re not going to serve millions of people, but the people we do serve, I think they are going to be strongly impacted by it.” 🌿

*Jeric Wilhelmsen is an Army veteran, a member of Hollywood (Calif.) American Legion Post 43 and multimedia producer for the American Legion Media & Communications Division.*

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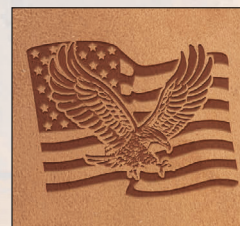
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STORY: JEFF STOFFER  
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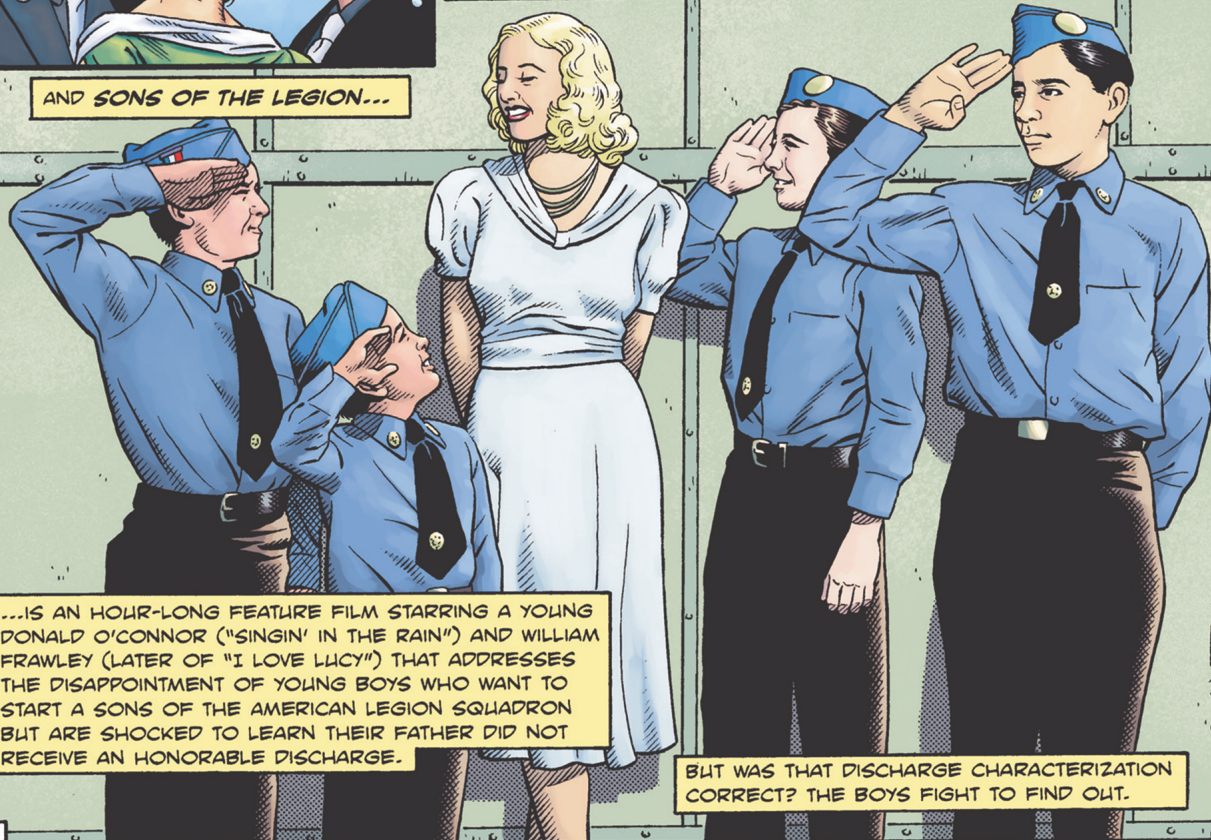
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**LEFT:** Players from Idaho Falls Post 56 celebrate on the field after defeating Team Central Hawaii 6-1 in the 2021 American Legion World Series championship. Photo by Tracy Stillwell

**RIGHT:** Team Central Hawaii shortstop Hunter Hirayama makes a tag on Idaho Post 56 outfielder Chandler Robinson. Photo by Tracy Stillwell

## Idaho Bandits back-to-back ALWS champs

Idaho Falls Post 56 entered the 2021 American Legion World Series (ALWS) as the event's reigning champs – from 2019. Losing a year to the pandemic meant head coach Ryan Alexander entered 2021 with only one player back from that title team, and a lot of unknowns.

Alexander's 2021 team, though, made ALWS history after winning its second straight title with a 6-1 win over Team Central Hawaii on Aug. 18 at Veterans Field in Shelby, N.C.

"I am just so happy for these kids," said Alexander, whose team finished the season with a 46-10 overall record. "For me as a coach, there's shock, because you never know if you're ever going to get back here."

The 14th team to appear in back-to-back ALWS title games, Idaho Falls became only the sixth back-to-back ALWS champion, joining Oakland, Calif. (1949-1950), Cincinnati (1957-1958), West Covina, Calif. (1970-1971), Rio Piedras, Puerto Rico (1973-1974), and Brooklawn, N.J. (2013-2014).

Post 56, nicknamed the Bandits, broke open a scoreless battle with a

six-run top of the fifth inning. Eliot Jones drove in the first run with a RBI single. Other runs scored on a throwing error, Ace Webb's RBI single, a fielding error, R.J. Woods' RBI double and Bradley Thompson's RBI single.

Starter and winner Merit Jones did the rest with a five-hitter over 6 1/3 innings before he was relieved due to pitch count rules in the bottom of the seventh inning. Eliot Jones (two hits, one RBI), Webb (two hits, one RBI), Woods (two hits, one RBI) and Nate Rose (two hits) led Post 56's 13-hit offense.

"I'm speechless right now," said Kai Howell, the lone Post 56 returnee from 2019. "It just feels great, especially for these guys doing it for the first time."

Team Central Hawaii's run came in the sixth inning on Micah Zeller's two-out RBI single. The team finished the season at 34-2 overall.

– Richard Walker

Watch video highlights of the 2021 American Legion World Series: [legion.org/baseball/videos](https://legion.org/baseball/videos)

### AMERICAN LEGION BASEBALL POSTSEASON AWARDS

**American Legion Baseball Big Stick Award** Jackson McCoy, Tupelo (Miss.) Post 49, 22 total bases

**American Legion Baseball Slugger Award** Kobe Senn, Fargo (N.D.) Post 400, .542 batting average

**Dr. Irvin L. (Click) Cowger RBI Memorial Award** Stone Collier and Easton Hood, Tupelo (Miss.) Post 49, 13 RBIs each

**Bob Feller Pitching Award** Aaron Savary, Dubuque County (Iowa) Post 137, 25 strikeouts

**James Daniels Sportsmanship Award** Stone Collier

**George W. Rulon American Legion Player of the Year** Nate Rose, Idaho Falls Post 56



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U.S. Air Force photo

## "American heroes all."

**Navy Adm. James Stavridis**, former NATO supreme allied commander, in a tweet praising the Air Force C-17 crew that safely evacuated 823 Afghan adults and children from Kabul on Aug. 15. Desperate to flee the Taliban, panicked Afghans who had been cleared to evacuate on later flights pulled themselves onto the plane's half-open ramp, and "the crew made the decision to go," a DoD official said. The flight set a record for the number of people flown in a C-17 Globemaster III, which typically flies with a maximum of 300 when outfitted for large passenger loads.

"This speaks to the humanity of our troops in this mission," Army Maj. Gen. Hank Taylor, Joint Staff deputy director for regional operations, told reporters.

The C-17 crew is from the 6th Airlift Squadron at Joint Base McGuire-Dix-Lakehurst, N.J., and deployed to the 816th Expeditionary Airlift Squadron.

Sources: *Air Force Magazine*, *Defense One*, *Stars and Stripes*

## Space bases

Peterson Air Force Base, Schriever Air Force Base and Cheyenne Mountain Air Force Station have been officially redesignated Space Force installations.

As Colorado Springs' CBS affiliate reports, these installations – all located in Colorado – are now called Peterson Space Force Base, Schriever Space Force Base and Cheyenne Mountain Space Force Station. These renamed bases are home to the largest concentration of Space Force personnel. Other Air Force bases that have been renamed include Patrick Space Force Base in Florida, Vandenberg Space Force Base in California and Buckley Space Force Base in Colorado.

## A push for Fort Moore

As DoD officials waded deeper into the difficult task of replacing Confederate names on military installations, efforts to rename Fort Benning after Lt. Gen. Harold "Hal" Moore and his wife, Julie, are gaining traction, Sandboxx news reports.

In keeping with a directive included in legislation passed into law in 2020, a commission has been charged with the base-renaming effort. An Army general who served in Korea and Vietnam, Moore gained legendary status for his leadership in the first major battle between American and North Vietnamese troops in Ia Drang.

Moore's exploits were chronicled in the book and film "We Were Soldiers Once ... and Young." His wife "played a vital role in changing the way the U.S. military went about delivering casualty notifications," according to Sandboxx.



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**THE JOB FRONT** BY WENDY S. ENELOW

## How to create a branded résumé

The most important tactical element of your résumé is to communicate who you are and what you can do for an organization. To accomplish that, you must have a clear understanding of your current job targets and the core qualifications for those positions. Then you can identify what in your background is most relevant and how best to showcase it.

In other words, you're defining the brand that is you. Ask yourself, "What are my core attributes that make me uniquely positioned for these jobs?" If you can answer that question, you're well on your way to writing a branded résumé that will distinguish you from other candidates.

Begin your résumé with a headline below your name and contact info. For example, LOGISTICS & SUPPLY CHAIN MANAGER (with a short paragraph or a few bulleted items showcasing your most relevant skills).

With just a glance, people immediately know who you are, and that's great if you're looking for a job in logistics. But what if you want to transition into human resources, where you have experience in hiring, training and performance management? Then your headline might read, HUMAN RESOURCES MANAGER (with a short paragraph or a few bulleted items highlighting your HR qualifications).

You're changing the immediate picture of who you are, and the reader has a very different perception. Be certain you're 100% truthful in what you write. If you ever have to defend something, you will lose out on the job. Also, include other distinguishing information, but only the bare bones. Save the details for later in the résumé.

Here are examples that help reinforce your brand:

- **Professional credentials** - Brief overview (e.g., MBA, BSME, Six Sigma Black Belt), all on one line.
- **Technical qualifications** - Subsection titled "Technology Portfolio" with list of specific skills (e.g., CAD, ERP, PLM, Microsoft Office) at end of summary.
- **Patents** - Prominent, yet brief, mention of patents with full details later in résumé.
- **Public speaking or publishing** - "Experienced Public Speaker" or "Published Author" at the end of your summary paragraph or bullets.

Review your current résumé, clarify your job targets, and get to work on creating a branded résumé to give yourself an instantly competitive advantage.

Wendy Enelow is a master résumé writer, and the author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles.

[wendy@wendyenelow.com](mailto:wendy@wendyenelow.com)

*"I wore out one pair of walking/running shoes, but that's OK. It was for a good cause."*



**Chriss Moen**, retired Army master sergeant and second vice commander of American Legion Post 15 in Kent, Wash., who participated in last year's inaugural 100 Miles of Hope challenge and again this year, walking a total of 283 miles with his Australian cattle dog, Chip. Go to **legiontown.org** to share your 100 Miles story and photos with your medal.

**MY GI BILL** VETERANS & EDUCATION BY VALERIE HEFFNER

## State education benefits available for veterans

**Q:** *In 2010, I was ordered to active duty with the Wisconsin Army National Guard.*

*Wisconsin has its own GI Bill. From what I've heard, these education benefits may be transferred to my dependents, but I don't know where to start.*

**A:** The Wisconsin GI Bill is a state education program that is entirely separate from the federal GI Bill program. It provides tuition remission for qualifying Wisconsin veterans at state public post-secondary educational institutions for up to eight semesters or 128 credits. Dependents may qualify if their veteran has been awarded a service-connected disability of at least 30% by VA or died in the line of duty.

To apply for the Wisconsin GI Bill, go to **mywisvets.com**. Veterans must provide a copy of their DD 214 when they submit their application.

Other states offer education assistance for student veterans. Learn more at **legion.org/education/statebenefits**.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. [askvalerie@legion.org](mailto:askvalerie@legion.org)

# Supersonic CBD Breaks the “Sleep Barrier”

**Clinical trials confirm: deeper, longer-lasting sleep in as little as 15 minutes after it reaches the bloodstream**

If you struggle to fall asleep and stay asleep, this can be the answer to your problems.

Thanks to the discovery of a breakthrough, all-natural compound, it is finally possible to induce a deep, restorative sleep in a relatively short amount of time.

News of this discovery is sweeping the nation as long-time sleep sufferers report finally getting the 8 hours of uninterrupted, deep sleep their bodies need to stay healthy, youthful, and energetic at any age.

Countless scientific studies have shown the crucial role sleep plays in our life.

Research suggests it can help improve heart health, reduce joint pain, boost cognitive function, decrease anxiety and mood swings, and strengthen overall health.

Yet, despite this, millions of Americans are plagued by sleepless nights. And, are often forced to choose between addictive sleeping pills that leave them groggy and fatigued the next morning or lying awake every night for hours on end.

## DEEPER SLEEP IN MERE MINUTES

It promises to deliver deep, all-natural sleep every night, without risk of addiction. Most exciting of all, studies confirm this compound becomes active in the system within 15 minutes of ingestion.

A study performed by the University of Colorado showed this compound helped calm a racing mind, allowing those who have difficulties falling asleep to doze off in a relaxed, comfortable, and worry-free manner — often waking in the same position they fell asleep in.

However, in addition to improving sleep quality, this compound has other potential health benefits: soothing stress, improving blood pressure, preventing cognitive decline, and even helping ease joint pain.

## SUPERSONIC CBD

It's called Supersonic CBD and it works in a remarkable new way.

By shrinking the CBD particles and making them 10,000 times smaller than normal, this new form of CBD oil can do what no other oil can — bypass the liver's rigorous filter up to 450% more effectively, which leads to greater benefits.

This explains why, unlike ordinary CBD, Supersonic CBD is able to help deliver uninterrupted, deeper sleep, along with a smorgasbord of other health benefits.

Furthermore, unlike prescription drugs, this new compound is often well-tolerated, non-habit forming, and doesn't even require a prescription.

“In my 20-year career,” says Dr. Al Sears, “I’ve never seen anything quite like it. Supersonic CBD

truly is remarkable.”

## WHY SO MUCH EXCITEMENT

Dr. Al Sears, M.D., is considered the leading pioneer in anti-aging medicine. He's published over 500 scientific papers and is a frequent guest on ABC News, CNN, Discovery, National Geographic, and many other media outlets.

Working with his team at the Sears Institute for Anti-Aging, Dr. Sears has formulated Supersonic CBD into a new, fast-acting, feel-young formula called Canna LS.

The results have been so incredible that Dr. Sears is having a hard time keeping up with the rising demand. “We’ve sold out multiple times in the past and expect to sell out again soon.”

## 94% OF CBD GOES TO WASTE

The reason most CBD oils fail to deliver results is because of the liver's filtering system. “Think of it as a mesh strainer,” explains Dr. Sears. “It catches almost everything, and only a handful of the tiny particles are able to pass through.”

In other words, almost all CBD products promising better sleep, mood, blood pressure, cognitive function and even pain relief, all get filtered by your liver before they can even attempt to fix the problem.

The World Health Organization recently reported only 6% of CBD ingested makes it to the bloodstream, while the other 94% goes to waste. This explains why so few people get any results from CBD oils and other alternatives.

However, since Supersonic CBD is broken down into such small particles, it's able to bypass the liver's filter more effectively.

“If it's not Supersonic CBD,” says Dr. Sears, “it can't bypass your liver, it won't help, and frankly, it's only wasting your money.”

Canna LS solves this problem for anyone wanting to get better sleep, while also feeling younger.

Thanks to the unique Supersonic CBD inside Canna LS, there is finally an all-natural way for anyone to get a better night's rest, improve blood pressure, cognitive function and even soothe stiff, sore joints.

“Many of my patients report feeling more energized after only a few weeks of using Canna LS,” says Dr. Sears.

## IMPRESSIVE CLINICAL RESULTS

The Supersonic CBD in Canna LS has shown remarkable clinical results.

In one placebo-controlled study, the core compound in Canna LS helped increase sleep duration, allowing participants to feel more rejuvenated and energized upon waking.



Researchers stunned at how quickly this new, all-natural compound helps patients fall asleep and stay asleep, with no drowsiness or morning fatigue

In another clinical trial, this all-natural compound was given to adults who reported suffering from both anxiety and poor sleep. After the first month, overall anxiety decreased in 79% of the adults while 66% dramatically improved sleep.

And in one of the largest studies of its kind, 2,736 men and women over the age of 65 were gathered. They all experienced joint pain that worsened their quality of life and prevented them from doing the activities they used to enjoy.

After being given this natural compound, 93.7% of the participants reported their pain was cut in half, after only six months of treatment.

Lastly, in another clinical trial, 85% of seniors given this powerful agent were able to soothe their pain significantly, in only 21 days. And a third of them were able to soothe their joint pain completely.

“Before I started Canna LS, pain from my hip replacement surgery made it hard to walk for more than a few minutes. Now, I can get out of the house and spend time with friends. I played 9 holes of golf, which I had given up after the surgery.” — Jonathan Wilson, age 73.

49-year-old Katherine H. reports, “I can whizz through my four-bedroom bungalow with the vacuum cleaner. I have so much more energy.”

“It has helped my lower back pain and overall I am just better!” says Kenneth O., a man from Troutdale, Oregon who's tried various CBD oils without success, prior to Canna LS.

## HOW TO GET CANNA LS

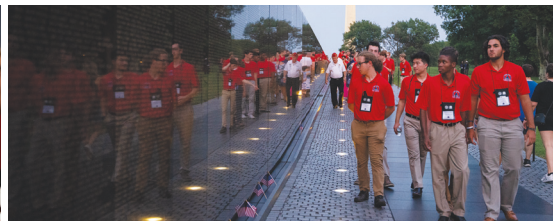
This is the official nation-wide release of Canna LS in the United States. As a result, the company is offering a special discount to anyone who calls within the next 48 hours.

An Order Hotline has been set up for readers to call. This gives everyone an equal chance to try this powerful pain-reliever for themselves.

Starting at 7:00 AM today, the discount will be available for 48 hours. All readers have to do is call TOLL FREE 1-866-898-9817 right now. Then, provide the operator with this exclusive discount approval code: **AMLCA1021**. The company will do the rest.

Important: Due to the recent media exposure of Canna LS, phone lines are often busy. If your call doesn't go through, please try again because this product is worth having.





## Boys Nation returns to nation's capital

The 75th session of American Legion Boys Nation, as with so much else, had to be postponed a year. But in July, 100 young men from across the country gathered for the milestone event.

The makeup of the group of 2021 senators was a bit unusual, with 30 representing states other than their own as pandemic restrictions forced 15 Boys State programs to cancel or delay their 2021 sessions. One of those substitute senators was Cameron Cummings of Alabama, representing Michigan, who was elected Boys Nation vice president.

California's Ryan Jung was elected president. "For me, it's just as important to represent myself as a member of the (Asian American Pacific Islander) community as it is an opportunity to learn and challenge myself," Jung said of his decision to run. "I thought that I wouldn't be able to go to sleep at night at the end of the week if I just didn't go for high office and I didn't really put in 110 percent effort."

The boys' visit to Capitol Hill to meet with their U.S. senators and staff was virtual. "I think overall it was really close to the same experience," said McConnell Bristol of Colorado. "We were able to talk to (Sen. John Hickenlooper) really naturally and ask all our questions."

The primary purpose of the Boys Nation program is to educate participants on the rights, privileges and responsibilities of franchised U.S. citizens, as well as the American form of government. But senators also had an opportunity to honor the sacrifice of U.S. servicemembers past and present, participating in a wreath-laying ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery and a memorial service at Marymount University. They also toured memorials on the National Mall and visited with American Legion Family members at Post 136 in Greenbelt, Md.

"Most of my family are veterans, and I'm incredibly blessed and lucky to have all of them survive," said Michael Scoville, a Massachusetts Boys Stater representing Illinois. "They tell stories of people who didn't ... it brought me to tears putting that wreath down and being able to show my respect for those who lost their lives. It was definitely a formative moment in my life."

— Andy Proffet

See highlights from the 2021 Boys Nation session:  
[legion.org/boysnation](https://legion.org/boysnation)

## Commemorations for the Tomb

The Society of the Honor Guard, Tomb of the Unknown Soldier is leading national efforts to commemorate the 100th anniversary of the sacred crypts at Arlington National Cemetery. The society plans events in multiple locations in the United States and France to honor the anniversary.

See the full list of commemorative events at [tombguard.org](https://tombguard.org).





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As one historic chapter in the book on numismatics comes to a close, another one is opened. One of the longest running coin designs in U.S history has come to an end, and you not only get to witness it, but this is your chance to be a part of it! Own a piece of history while at the same time protecting your hard-earned wealth. But hurry because they will undoubtedly be in limited supply. With less than half of the year left to strike and distribute these coins, plus the limited supply combined with very high demand, these are going to be far more difficult to obtain as the year goes on. Call your knowledgeable Paramount representative now so you don't miss out on this opportunity!

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*"This has been a long time coming. I feel sheer relief."*

**First Lt. Amber English**, a logistics officer and member of the Army Marksmanship Unit, after winning a gold medal in women's skeet shooting at the Tokyo Olympics on July 26. English hit 56 of 60 targets, just three off the world record held by Wei Meng of China.

Source: SOFREP



U.S. Army photo

**19**

Military athletes representing America at the 2021 Olympics  
- 17 soldiers, one Marine, one Coast Guardsman

Among them:

**Staff Sgt. Naomi Graham**, the first female active-duty servicemember to compete with USA Boxing at the Olympics

**Staff Sgt. Nickolaus Mowrer**, the first American in Olympic history to qualify for both the 10m air pistol and 50m rifle events

**Lt. Nickole Barnes**, the first active-duty Coast Guard officer to compete in the Olympics (sailing)

**Sgt. Amro ElGeziry**, who set a record in the freestyle swim phase of the modern pentathlon



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# Choose Life Grow Young with HGH

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From the landmark book *Grow Young with HGH* comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the main reason why the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually a compilation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in

the blood at the same levels HGH existed in the blood when we were 25 years old.

There is a receptor site in almost every cell in the human body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of \$10,000 US per year.

The next big breakthrough was to come in 1997 when a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR now available in America, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age rapidly but would rather stay young, beautiful and healthy all of the time.



The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective, is oral instead of self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR is truly a revolutionary paradigm shift in medicine and, like any modern leap frog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products stated in a recent interview, I've been waiting for these products since the 70's. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the failure of Congress to honor our seniors with pharmaceutical coverage policy, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health, HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong, healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85, walks two miles a day, plays golf, belongs to a dance club for seniors, had a girl friend again and doesn't need Viagra, passed his drivers test and is hardly ever home when we call - GHR delivers.

HGH is known to relieve symptoms of Asthma, Angina, Chronic Fatigue, Constipation, Lower back pain and Sciatica, Cataracts and Macular Degeneration, Menopause, Fibromyalgia, Regular and Diabetic Neuropathy, Hepatitis, helps Kidney Dialysis and Heart and Stroke recovery.

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# The advantages of income annuities

I can't recall a time when thoughts of an annuity made me smile. So I was a bit skeptical when I attended a preview of a new USAA "Annuity SMILE" video. However, it did a nice job identifying risks where an income annuity could "turn your frown upside down." Remember, an income annuity allows you to turn a lump sum of money into a stream of income. Let's dig into the SMILE acronym:

**Spending risk** It can be hard to find the sweet spot for retirement spending. Spend too fast, and you could run out of money or need to make big lifestyle adjustments. On the other hand, some people miss out on a lot when they don't spend as much as they could for fear of outliving their assets. An income annuity can provide a lifelong stream of income that provides clear guardrails for spending.

**Market risk** The pandemic and resulting wild market swings have again proven that investment returns can be unpredictable. Negative returns, especially in the first few years of retirement, can increase the chances of running out of money. An income annuity is not subject to market fluctuations. Sometimes a smooth ride is a good ride.

**Interest rate risk** As interest rates go up, some fixed investment prices go down. This makes it difficult to maintain a consistent income. Also, prolonged low interest rates may leave an income investor with less income and even tempt retirees to take more risks to achieve higher returns. If the markets turn, that may put them in financial jeopardy. An income annuity provides a stream of income you can count on, regardless of which way interest rates move.

**Longevity risk** It would be easy to create a retirement income plan if you knew exactly when you would make your last withdrawal. That's not the case. Income sources like Social Security, military retirement, pensions and income annuities are appealing because they can last as long as you do.

**Elder financial risk** This relates to managing your own finances as you age. It also captures the possibility that someone else could take advantage of you. Once established, an income annuity provides income with little maintenance and a lot of reliability.

*J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. [legion.org/usaa](http://legion.org/usaa)*



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# ***“I haven’t been this excited since I got my first bicycle!”***

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**The portable, folding, battery-powered chair that offers easy one-handed operation**

Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence . . . I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn’t do me much good. Fortunately, there’s a new invention that gives me the freedom and independence to go wherever I want . . . safely and easily. It’s called the Zoomer, and it’s changed my life.

***My Zoomer is a delight to ride!** It has increased my mobility in my apartment, my opportunities to enjoy the-out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.*

Sincerely, A. Macon, Williamsburg, VA

After just one trip around your home in the Zoomer, you’ll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It’s not bulky or cumbersome, so it can roll right up to a table or desk- there’s no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. It’s dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to

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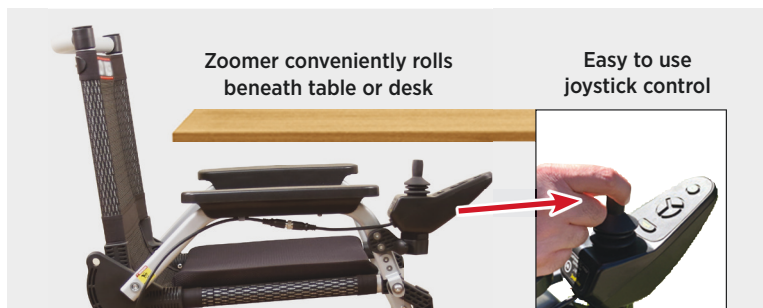
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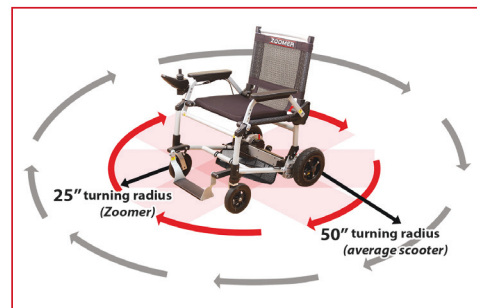


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Adult diapers can cost up to \$200 a month when used regularly. Men's Liberty is covered by Medicare, VA/TriCare and over 3,000 insurance plans. We handle all paperwork, claims and billing your insurance or Medicare provider. If you're ready to save thousands of dollars a year, get your insurance card and give us a call today.

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RAPID FIRE

## Stand-up comics in the service

**Don Rickles** Navy, World War II

**Nipsey Russell** Army, World War II

**Carl Reiner** Army, World War II

**Mel Brooks** Army, World War II, veteran of the Battle of the Bulge and invasion of Germany

**Jonathan Winters** Marine Corps, World War II, served aboard USS *Bonhomme Richard* and was part of the occupation force in Japan

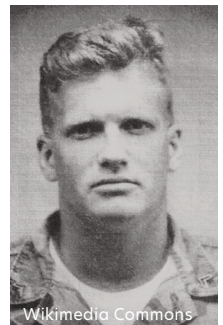
**Jerry Stiller** Army, World War II

**Bob Newhart** Army, 1952-1954

**George Carlin**  
Air Force,  
1954-1956

**Richard Pryor**  
Army, 1958-  
1960

**Drew Carey** ▶  
Marine Corps  
Reserve,  
1980-1985



**54%** Americans who support barring those not inoculated against COVID-19 from gyms

**56%** Americans who support barring unvaccinated people from theaters

**56%** Americans who support barring unvaccinated people from offices

**59%** Americans who support barring unvaccinated students from public schools

**63%** Americans who support barring unvaccinated travelers from airplanes

Sources: Reuters/Ipsos, Reason



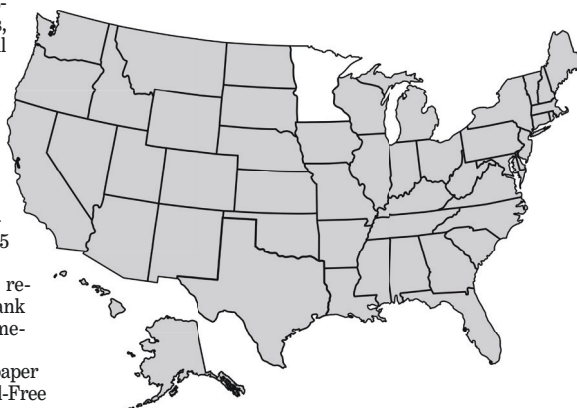
Residents of the shaded states listed on the map below get first dibs on last remaining Bank Rolls loaded with valuable U.S. Gov't issued Silver Walking Liberties dating back to the early 1900's for just the \$39 minimum set for state residents - all other state residents must pay \$118 per coin if any remain after 7-day deadline



The only thing readers of today's newspaper publication need to do is call the State Toll-Free Hotlines before the 7-day deadline ends. ■

1916-P	1919-P	1921-S	1938-D
<b>Mint:</b> Philadelphia	<b>Mint:</b> Philadelphia	<b>Mint:</b> San Francisco	<b>Mint:</b> Denver
<b>Mintage:</b> 608,000	<b>Mintage:</b> 962,000	<b>Mintage:</b> 548,000	<b>Mintage:</b> 491,600
<b>Collector Value:</b> \$55	<b>Collector Value:</b> \$32	<b>Collector Value:</b> \$80	<b>Collector Value:</b> \$60
\$265	\$515	\$800	\$160

**RESIDENTS IN 49 STATES: COVER JUST \$39 MINIMUM PER COIN - IF YOUR STATE IS SHADED BELOW CALL: 1-800-997-8036 RWL2214**



If you are a resident of one of the shaded states shown left you cover just the \$39 per coin state minimum set by the private National Mint and Treasury, that's fifteen valuable U.S. Gov't issued Silver Walking Liberty half dollars for just \$585 and that's a real steal because all other residents must pay \$1,770 for each state restricted bank roll. Just be sure to call the State Toll Free Hotlines before the deadline ends 7 days from today's publication date.



### How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information online at [legion.org/reunions](http://legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing twice a year.**

### Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

## ARMY

**2nd Bn 1st Inf 166th LIB (1966-1972)**, Gettysburg, PA, 7/20, John Woyansky, (804) 301-7990; **2nd Cav**, Atlanta, 10/21-24, Tim White, (717) 475-6406, [twwhite@johnsonandwhite.com](mailto:twwhite@johnsonandwhite.com); **8th Radio Research Field Sqn (Phu Bia, Vietnam)**, Norfolk, VA, 10/11-14, Wayne Brooks, (757) 510-0007, [brooks362@cox.net](mailto:brooks362@cox.net); **553rd Eng (Float Bridge)**, St. Robert, MO, 10/2-5, Clyde Phillips, (530) 622-6999, [geneph1213@gmail.com](mailto:geneph1213@gmail.com); **Dusters, Quads, Searchlights, Vulcans, HAWK**, Norfolk, VA, 11/9-14, Bruce Geiger, (914) 576-1050, [bmgeiger@aol.com](mailto:bmgeiger@aol.com)

## JOINT

**Hawk Msl Air Def Arty Vets**, Helen, GA, 5/4-7, Carol Powell, (706) 892-4779, [carolpowel@gmail.com](mailto:carolpowel@gmail.com); **Old Antarctic Explorers Assn**, San Diego, 5/8-12, George Lusk, (619) 421-2614, [oaicareunion2022@gmail.com](mailto:oaicareunion2022@gmail.com)

## MARINES

**Bravo Co 1st Recon Bn**, Las Vegas, 11/9-12, Dennis Atchison, (775) 835-3898; **Mike Co 3rd Bn 7th Mar (Vietnam)**, Annapolis, 5/11-14, George Martin, (443) 822-3597, [m37bulldog@aol.com](mailto:m37bulldog@aol.com)

## NAVY

**Canopus AS 34**, Savannah, GA, 10/5-7, Carl Rennerfeldt, (402) 533-3271, [cmrenner@abbnebraska.com](mailto:cmrenner@abbnebraska.com); **Compton DD 705**, Williamsburg, VA, 5/2-5, Bob DiMonte, (850) 492-3483, [bobdimo@cox.net](mailto:bobdimo@cox.net); **Diablo SS 479**, Virginia Beach, VA, 10/6-10, Dave Matthes, (540) 665-6454, [dmatthes479@gmail.com](mailto:dmatthes479@gmail.com); **Farragut**, Farragut, TN, 10/14-17, Thomas Randall, (954) 790-5739, [farragutshipsassociation@gmail.com](mailto:farragutshipsassociation@gmail.com); **Fred T. Berry DD/DDE 858**, Harrisburg, PA, 10/28-31, John Titsworth, (203) 531-6618, [skiptonit@aol.com](mailto:skiptonit@aol.com); **MCB 40**, Port Hueneme, CA, 4/1-3, Bruce Cheek, (563) 349-4129, [cb40reunion@gmail.com](mailto:cb40reunion@gmail.com); **Navy Illustrator Draftsman (DM)**, Melbourne, FL, 3/17-20, Allen Johnstad, (321) 914-3552, [mildlywildal@yahoo.com](mailto:mildlywildal@yahoo.com); **NMCB 58**, Valley Forge & King of Prussia, PA, 5/10-14, John Hughes, (571) 332-5961, [jiv3hughes@aol.com](mailto:jiv3hughes@aol.com); **OICC Vietnam/Thailand**, New Orleans, 5/16-20, Mike Hadvavny, (843) 556-6504, [mhadbvavny92@gmail.com](mailto:mhadbvavny92@gmail.com); **Tutuila ARG 4**, Norfolk, VA, 3/30-4/2, John Ward, (570) 384-3057, [fpward@epix.net](mailto:fpward@epix.net); **VA-25**, Reno, NV, 9/9-12, Chuck Webster, (605) 380-5827, [cwebster@nrcvt.com](mailto:cwebster@nrcvt.com); **VF-141/VF-53 Iron Angels**, Branson, MO, 10/24-29, Bill Luxon, (724) 899-2108, [oneezhr@zoominternet.net](mailto:oneezhr@zoominternet.net)

## IN SEARCH OF

**5th S&T Bn (Fort Carson, CO, 1962)**, Allen Carter, (623) 977-4590, [allcart6@aol.com](mailto:allcart6@aol.com); **6th Bn 29th FA (Strassburg Kaserne, Idar Oberstein, Germany, 1987-1989)**, Everett Wilson, [everettwilsonjr@yahoo.com](mailto:everettwilsonjr@yahoo.com)

**20th Tact Air Support Sqdn (Da Nang, Vietnam, 1967-1968)**, David Brondos, (408) 612-2253, [littlewhitetruck@yahoo.com](mailto:littlewhitetruck@yahoo.com)

**24th RCT (Korea, 1950-1951)**, James Thompson, P.O. Box 2458, Willingboro, NJ 08046

**49th Air Police Sqdn (Misawa AB, Japan, July 1956-May 1958)**, Fred Lee, (423) 623-7494

**67th/624th MP Co (Fort Devens, 1971-1973)**, Ray Kelly, (631) 525-7987, [raykelly735@gmail.com](mailto:raykelly735@gmail.com)

**102nd Sig Bn 4th Sig Grp (Vernou, France & Heidelberg (Konigstul, Germany, 1962-1964)**, Carlos Baldegre, (602) 332-9531, [cnbaldegre101@cox.net](mailto:cnbaldegre101@cox.net)

**801st (4211th) Opns Sqdn (Lockbourne AFB OH, 1952-1955)**, Bob Skinner, (860) 489-7691, [rskinner06790@gmail.com](mailto:rskinner06790@gmail.com)

**867th FA Bn A Btry (Neckarsulm, Germany, 1953-1956)**, James Degnan, (661) 294-0256, [my4cam@aol.com](mailto:my4cam@aol.com)

**1607th Comm & Electronics Sqdn, All Shops (Dover AFB, 1961-1964)**, Joel Gray, [1607thcomm.elect@gmail.com](mailto:1607thcomm.elect@gmail.com)

**4410th Cbt Crew Tng Wing (Hurlburt Field, FL, 1966-1967)**, David Brondos, (408) 612-2253, [littlewhitetruck@yahoo.com](mailto:littlewhitetruck@yahoo.com)

**Basketball Team (Fort Wolters, Mineral Wells, TX, 1968-1969)**, Paul Gregory Fox, (740) 607-6112, [gregref@aol.com](mailto:gregref@aol.com)

**Charlie Btry "Snap Charlie" (COHORT) 5th Bn 29th FA (Fort Carson, CO, 1985-1987)**, Everett Wilson, [everettwilsonjr@yahoo.com](mailto:everettwilsonjr@yahoo.com)

**JAG Corps (Subic Bay, 1979-1980)**, Ray LaBarrer, (406) 726-4284, [labarrer@blackfoot.net](mailto:labarrer@blackfoot.net)

**Tropo Det 11th Air Def Sig Bn (Opn Desert Storm)**, R. Moran, (480) 255-0523

**USAEUR HQ Co (Panzer Kaserne, Kaiserslautern, Germany, 1966-1967)**, Jack Hiser, (239) 223-8268, [jhiser00@gmail.com](mailto:jhiser00@gmail.com)

## TAPS

**William M. Bishop, Dept. of Alaska**. Dept. Cmdr. 1981-1982, Nat'l Exec. Cmte. Memb. 1987-1998, Nat'l Foreign Relations Cmsn. Liaison Cmte. Memb. 1987-1995, Nat'l Foreign Relations Cmsn. Liaison Cmte. Chmn. 1995-1998, Nat'l Foreign Relations Cmsn. Chmn. 1998-2001, Nat'l Foreign Relations Cncl. Vice Chmn.

1981-1982, Nat'l Policy Coordination & Action Group Consultant 1998-2001 and Nat'l POW/MIA Cmte. Ex-Officio Memb. 1998-2001, Nat'l Resolutions Submte. Memb. 1993-1998 and Nat'l Veterans Employment & Education Cmsn. Memb. 1982-1987.

**Bernard A. Healy, Dept. of Oregon**. Dept. Cmdr. 2006-2007, Nat'l Cmsn. on Children & Youth Memb. 2005-2006, Nat'l Distinguished Guests Cmte. Vice Chmn. 2006-2007 and Nat'l Public Relations Cmsn. Memb. 2003-2005.

**Dudley P. LeBlanc, Dept. of Louisiana**. Nat'l Cmsn. on Children & Youth Memb. 2005-2013, Nat'l Cmsn. on Children & Youth Region 4 Chmn. 2000-2001 and 2003-2004, Nat'l Cmsn. on Children & Youth Region 4 Memb. 1998-1999, 2001-2002 and 2004-2005, Nat'l Cmsn. on Children & Youth Region 4 Vice Chmn. 1999-2000 and 2002-2003, Nat'l Emblem Cmte. Consultant 2017-2021 and Nat'l Veterans Benefits Cmte. Memb. 2013-2017.

**Melvin "Doc" Simon, Dept. of Vermont**. Dept. Cmdr. 1974-1975, Nat'l Exec. Cmte. Memb. 1977-1979, Nat'l Sec. Cmsn. Memb. 1982-1985, Nat'l Sec. Cncl. Vice Chmn. 1979-1981, Nat'l Vice Cmdr. 1981-1982, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 1977-1979, Nat'l Americanism Cmsn. Memb. 1977, Nat'l Constitution & Bylaws Cmte. Memb. 1973-1975, Nat'l Exec. Cmte. Alt. Memb. 1975-1977, Nat'l Foreign Relations Cmte. Vice Chmn. 2013-2017, Nat'l Foreign Relations Cmte. Memb. 2017-2020, Nat'l Foreign Relations Cmsn. Chmn. 1983-1987, Nat'l Foreign Relations Cmsn. Memb. 1987-1996 and Nat'l Foreign Relations Cmsn. Vice Chmn. 1996-2013.

**Rev. James R. Wagner Sr., Dept. of Georgia**. Nat'l Chaplain 1992-1993, Nat'l Children & Youth Cmsn. Region 4 Chmn. 1995-1996, Nat'l Children & Youth Cmsn. Region 4 Vice Chmn. 1994-1995 and Nat'l Children & Youth Cmsn. Region 4 Memb. 1993-1994.

**Earl C. Watson, Dept. of Tennessee**. Dept. Cmdr. 2008-2009, Nat'l Sec. Cncl. Vice Chmn. 2006-2007, Nat'l Exec. Cmte. Alt. Memb. 2017-2019, Nat'l Foreign Relations Cncl. Vice Chmn. 2007-2013 and Nat'l Veterans Affairs & Rehab. Cncl. Memb. 2013-2021.

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Nitric oxide won the Nobel Prize in 1998 as an important cardiovascular signaling molecule. Supporting healthy nitric oxide levels as men age is an important part to promoting better performance.

And this new formula is designed with key ingredients to help increase nitric oxide availability for stronger and longer-lasting pleasure as we age. In one study, men receiving one of our key ingredients reported having 168% more pleasure than the men who received the placebo.

One double-blind, placebo-controlled study (the "gold-standard" of research) involved a group of middle age men.

In a clinical study of one key ingredient, 50% of the middle-aged men using the supplement experienced stronger, more pleasure and increased satisfaction than those who did not supplement with it. An animal study suggests that a combination of our two key ingredients boosted plasma NO levels by 200%, which resulted in an increased blood flow. Combining this with our known knowledge of the benefits of these two key ingredients offers hope to middle aged men to help maintain an active life as they age.

## WHY SO MUCH EXCITEMENT?

A world renown physician explains why. He's studied nitric oxide for over 43 years. He is the physician

in chief at Brigham and Woman's Hospital. He says a "deficiency of bioactive nitric oxide ... leads to impaired endothelium-dependent vasorelaxation."

Other, older products may increase levels of nitric oxide to an extent. But, that's only half the battle. If nitric oxide is not bioactively available then your body can't absorb it to produce better blood flow.

Experts simply call it the nitric oxide "glitch." The solution? Create a formula with key ingredients that support NO production until now.

## NEXT GENERATION NITRIC OXIDE FORMULA FLYING OFF SHELVES

Upon further research, top men's health expert Dr. Al Sears discovered certain nutrients fix this "glitch" to support nitric oxide production and increase blood flow.

He's combined those nutrients with proven nitric oxide boosters in a new formula called **Primal Max Red**. On study suggests that 5,000 mg is required for a satisfying performance. **Primal Max Red** contains a bigger, 9,000 mg per serving dose. It's become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of more than 500 scientific papers. Thousands of people listened to him speak at the recent Palm Beach Health & Wellness Festival featuring Dr. Oz. NFL Hall of Fame quarterback Joe Namath recently visited his clinic, the **Sears Institute for Anti-Aging Medicine**.

**Primal Max Red** has only been available for a few months —men are reporting a big difference. One customer told us, "I have the energy to perform

three times in one day, WOW! That has not happened in years. Oh, by the way I am 62." Says Jonathan K. from Birmingham, AL. Although not everyone might experience what Jonathan K. has, most men have reported that it really has helped them and their partners restore their connection.

## HOW IT WORKS

Loss of staying power starts with your blood vessels. Specifically, the inside layer called the endothelium where nitric oxide is made.

The problem results from various factors that THICKEN your blood vessels as you age. This blocks bioavailability causing the nitric oxide "glitch." The result is difficulty in getting and sustaining a healthy blood flow.

How bad is the problem?

According to NO researcher Nathan Bryan, PhD, nitric oxide production decreases 10-12% every decade. And by age 40, the typical man only produces 50% nitric oxide compared to his younger self.

As we age, these declining nitric oxide levels And by ages 70-80 scientists discovered endothelium-derived nitric oxide production is down an alarming 75%.

**Primal Max Red** is formulated to tackle this issue by combining powerful nitric oxide boosters to promote NO production and increase blood circulation, which support stronger and longer-lasting pleasure. There's not enough space here to fully explain how it works, so Dr. Sears will send anyone who orders **Primal Max Red** a free special report that explains ev-



Research on key ingredients indicate that they support an increase in blood circulation by boosting nitric oxide levels as men age.

everything.

## WHAT SATISFIED CUSTOMERS ARE SAYING

Nutrients in **Primal Max Red** have logged impressive results.

Men not only experienced 50% more blood flow, but also were able to have 168% more fun! "I measured my nitric oxide levels, you can buy a test kit from Amazon," reports 48-year-old Jeff O. "Monday night I showed depleted."

Then he used ingredients in **Primal Max Red** and, "The results were off the charts. I first woke around 3:00 a.m. on Tuesday ready to go. My nitric oxide levels measured at the top end of the range."

## FREE BONUS TESTOSTERONE BOOSTER

Every order also gets Dr. Sears testosterone boosting formula **Primal Max Black** (retail price, \$99.95) for free, regardless if you choose to return our product.

"If you want passionate pleasure, you need nitric oxide to get your blood flow going. And testosterone for energy and drive." Says Dr. Sears. "You get both with **Primal Max Red** and **Primal**

**mal Max Black.**"

## HOW TO GET PRIMAL MAX

To secure a free bottle of **Primal Max Black** promotion and get the hot, new **Primal Max Red** formula, buyers should contact the Sears Health Hotline at **1-800-906-4472** within the next 48 hours. "It's not available in drug stores," said Dr. Sears. "The Hotline allows us to ship directly to the customer."

Dr. Sears feels so strongly about **Primal Max**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and we'll refund you the purchase price—just pay return shipping," he says.

Call **1-800-906-4472** today to secure your limited supply of **Primal Max Red** and free bottles of **Primal Max Black**. You don't need a prescription, and those who call in first qualify for a significant savings of up to \$150. Use **Promo Code AMLPMX1021** when you call in. Lines are frequently busy, but all calls will be answered.



## Oh my gourdness. It's Halloween already?

**A FARMER** was driving his tractor along the road with a trailer load of fertilizer. A boy saw the farmer and yelled, "What's in your trailer?"

"Manure," the farmer replied.

"What are you gonna do with it?"

"Put it on my pumpkins."

"You should come eat with us. We put ice cream on our pumpkin pie."

**WE DON'T** make puns on Halloween. We make candied observations.

**VAMPIRES** sleep all day, can't see themselves in a mirror and fly wherever they want for free. Where do I sign up?

**WE HAVE** two skeleton teachers at school. One is humerus, but the other is very sternum.

**A DRIVER** was found guilty in traffic court. When asked for her occupation, she said she was a schoolteacher.

The judge rose from the bench and said, "Ma'am, I've waited years for a schoolteacher to appear before this court. Please sit down at that table and write, 'I will not run a red light' 500 times."

**KIDS, STAY IN SCHOOL** and get a college degree so you can spend 40% of your life on conference calls.

**JUST ONCE** I want a username/password prompt to say, "Close Enough."

**ON THE FIRST DAY** of school, a teacher told her kindergarten class, "If you have to go to the bathroom, hold up two fingers."

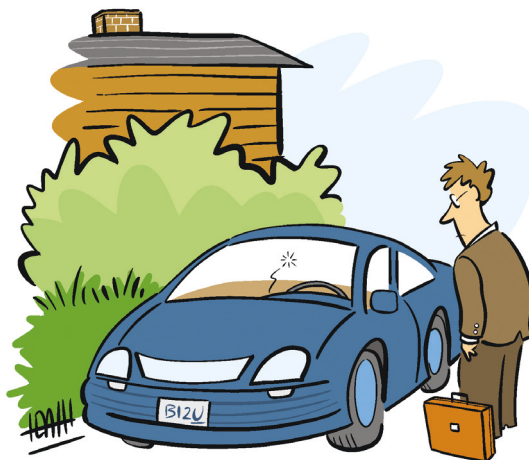
A small voice from the back of the room asked, "How will that help?"

**"THANK YOU,** hard taco shells, for surviving the long journey from factory to supermarket to my plate and then breaking the moment I put something inside you. Thank you."

- Jimmy Fallon



"And just where do you think you're going dressed like that, young lady?"



"I'm a self-driving car. Of course I'm leaving you."



"Your evil laugh needs work. Nobody's going to be intimidated by 'mwheehheeh.'"

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